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| Term | Theme | What students will learn | Key assessment | How you can support your child |
| 1 | Unit 6-Leading Sport Activities | Undertake the planning and leading of sports activities. | Plan two selected sports activitiesIndependently lead a sports session | Assist them with the planning of the activities if you have experience of this.Ensure that the sessions are all plannedAllow use of the internet to get ideas of activities to deliver |
| 2 | Unit 6-Leading Sport Activities | Review the planning and leading of sports activities | Review the planning and leading of the sports activity session, describing strengths and areas for improvement, and targets for the future development as a sports leader | Talk to them regarding how the delivery of the session went?What went well? Even better if? (WWWEBI) |
| 3 | Unit 3- Applying the principles of Personal Training | Design a fitness training programmeGain a greater understanding of the musculoskeletal system and the cardiorespiratory system and the effects on the body during fitness training | Independently design a safe six-week training programme to meet an activity/sport goal taking into consideration personal informationDescribe the structure and function of the musculoskeletal and cardiorespiratory systems.Summarise the short-term effects on these systems | Makes sure that they have all the required equipment for the lessons.Understand the goal which they want to achieve, could they use fitness tracking apps on their phones e.g Map my Run.Question them regarding the muscular and cardiovascular systems.Ensure that all homework is completed. |
| 4 | Unit 3- Applying the principles of Personal Training | Implement a self-designed personal fitness training programme to achieve own goals and objectives. | Safely implement a successful six-week personal fitness training programme, maintaining a training diary summarising their outcomes from each sessions. | Ensure that weekly evaluations have been completed and next session plans are ready to be performed |
| 5 | Unit 3- Applying the principles of Personal Training | Review their personal training programme. | Written explanation of the results, strengths of the training programme set for an activity/sport goal and areas for improvement, providing recommendations for future training and performance. | Talk to them regarding how the 6-week training programme went?Did they achieve their required goal?What went well? Even better if? (WWWEBI) |